

IMMUNIZATION



**SOME
THINGS
YOU NEVER
OUTGROW**



**IMMUNIZE.
IT'S GREAT
HEALTH
ADVICE.**





THE FLU

Flu, or influenza, is an easily spread virus. Flu shots are for anyone who wants to reduce the risk of catching the disease. They are especially important for people 65 years of age and older, and for those who suffer from chronic health problems like heart or lung disease or diabetes.

Influenza can be prevented with an annual shot taken every fall.

PNEUMOCOCCAL DISEASE

Pneumococcal disease is an infection of the lungs, bloodstream, and/or brain. It kills thousands of older people in the U.S. each year. Pneumococcal shots are recommended for people 65 and older, and for those with a chronic illness or weak immune system.

One vaccine lasts most people a lifetime.

HEPATITIS B

Hepatitis B is caused by a highly infectious virus that attacks the liver. It can lead to liver cancer and death. The virus is found in the blood and other body fluids of infected people.

The hepatitis B vaccine is recommended for sexually active people with multiple sex partners, health care workers, all adolescents, people living among others with the virus, children of immigrants or parents of adopted children from certain countries, Native Americans and Alaskan Natives, people who use



street drugs, and international travelers visiting areas where the disease is common.

Three shots are needed to protect against hepatitis B. They are given over a 6-month period.

MEASLES, MUMPS, RUBELLA

Measles, mumps, and rubella are diseases spread by coughing, sneezing, and even talking. Pregnant women who get rubella during the first 3 months of pregnancy put their babies at risk for serious birth defects or even death. Mumps may put pregnant women at risk of spontaneous abortions. One vaccine, the MMR, is available for all these diseases.

Two doses are recommended for adults born after 1956 who cannot prove immunity to measles, mumps, and rubella.

TETANUS/DIPHTHERIA

Tetanus, also called lockjaw, is caused by a germ that enters the body through cuts or wounds. It leads to a severe infection of the nervous system and can be fatal.

Diphtheria is spread by bacteria that affects the tonsils, throat, nose, and/or skin. This disease is easily passed from person to person through coughing, sneezing, or even laughing.

One combination shot, called Td booster, protects against both diseases. It should be taken once every 10 years after age 7.



HEPATITIS A

Hepatitis A, a virus that infects the liver, is usually contracted by eating something prepared under poor sanitary conditions. It can also be spread through sexual contact. The vaccine is recommended for those in direct contact with infected persons, workers and children at day care centers, travelers to developing countries where hepatitis A is common, and men who have sex with men.

Two doses are needed 6 to 12 months apart to ensure long-term protection. Travelers should get the first dose at least 4 weeks prior to departure.

CHICKENPOX

Chickenpox, or varicella, is spread easily through the air from sneezes and coughs or direct contact with infected persons' sores. While chickenpox is a mild disease in children, adults are more likely to develop pneumonia, bacterial infections, and brain inflammation.

People 13 years of age and older who have not had chickenpox can protect themselves by getting 2 doses of the varicella vaccine.

TAKE CHARGE OF YOUR HEALTH

Be sure to ask your doctor or other health care provider about the immunizations you need. Also, check with your health plan to see what vaccines are covered.

YOU NEVER OUTGROW SHOTS

It makes sense. If you're healthier, you enjoy life more. Adults, just like children, need immunizations to stay well. In fact, shots help prevent diseases that affect millions of adults every year – diseases that can lead to hospitalization or even death.

DID YOU KNOW?

- As many as 20,000 Americans die annually from flu-related illnesses.
- Pneumococcal disease leading to pneumonia is to blame for up to 40,000 deaths each year.
- Nearly one-third of adults with hepatitis B don't know how they got infected.
- Adults are 25 times more likely than children to die from chickenpox.

The good news is that there are safe and effective shots that help prevent the flu, pneumococcal disease, hepatitis A and B, measles, mumps, rubella, tetanus, diphtheria, and chickenpox.

Learn the facts about adult shots. Take the time to read about 10 preventable adult diseases and the vaccines you need to avoid them.



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